

ABSTRACT

[0062] A weightlifting apparatus for supporting a dumbbell includes side frames carrying at least one angularly adjustable dumbbell support. In one aspect, the dumbbell support is vertically adjustable on the side frames. In another aspect, the dumbbell support is mounted on a horizontal crossbar extending between and coupled to the elevation adjustable members on the side frames. The elevation adjustment members are motor or manually driven screws. In another aspect, the dumbbell support is movably mounted on the crossbar and latchable in horizontally adjustable positions along the crossbar. In another aspect, a vertically and for/aft adjustable foot rest is disposed within the support frame.